

# TAILWIND

TRAVIS AFB, CALIF.

FRIDAY, DECEMBER 13, 2002

VOLUME 27, NUMBER 49



## HOLIDAY MAGIC

From story telling and Santa sightings to a movie and band concerts, holidays made magical for Travis children

**8/16**

## QUALITY OF LIFE

AMC commander lauds command for numerous quality of life initiatives

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## DANCE TO THIS

Highland dance company performs Dec. 23 for Travis youth, will begin teaching dance on base

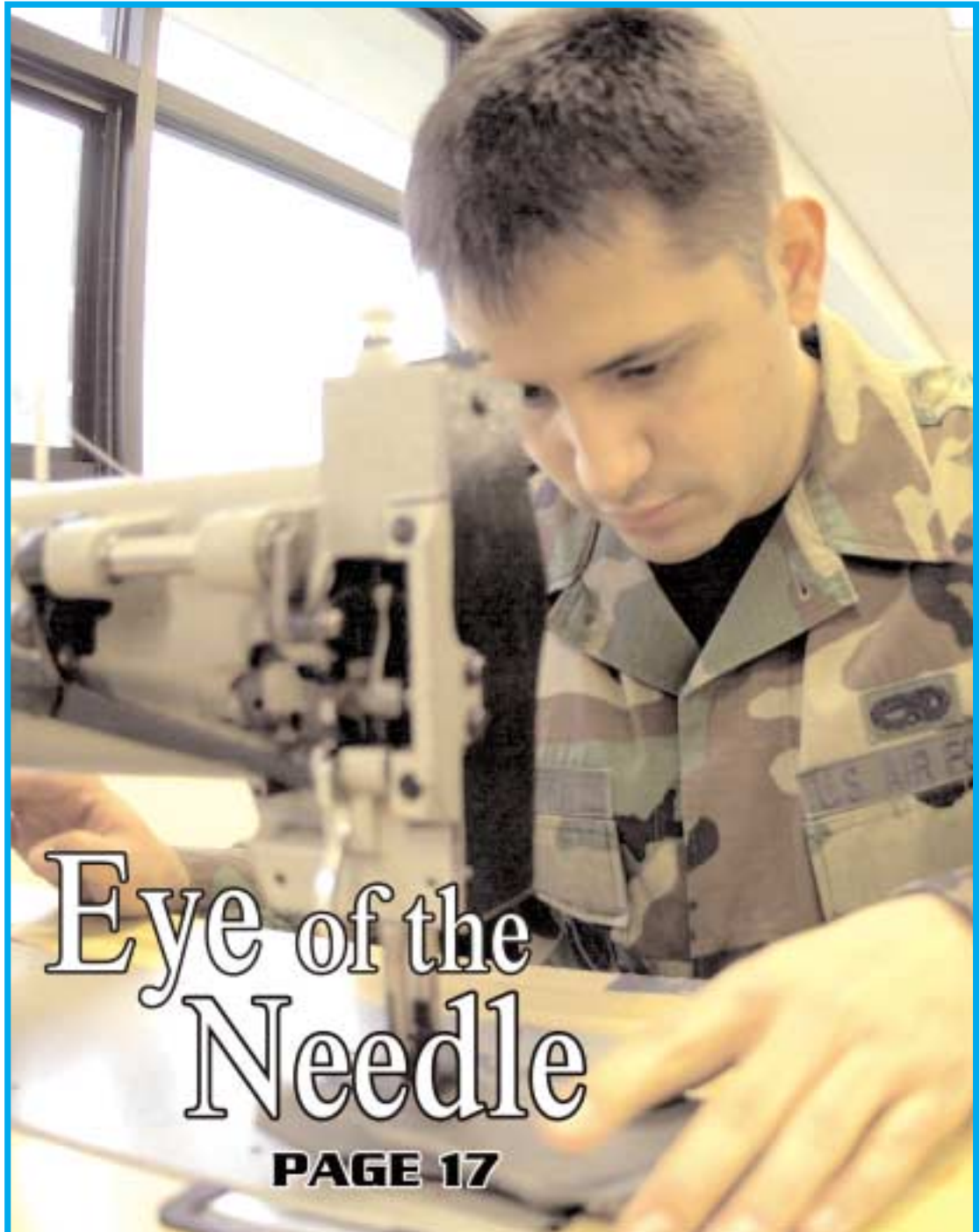
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## POWER CHAMPS

Travis powerlifters take top honors during powerlifting competition Saturday.

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# Commander's Corner

## AEF, holiday season into full swing



By Brig. Gen.  
Brad Baker

60th AMW commander

**T**hough we're fully into the holiday season at Travis ... with our annual events held this and next week, we are also operationally very busy deploying Travis Team members for Air Expeditionary Forces 7 and 8 and supporting hurricane relief to Guam. All of this is happening at record pace ... in Travis' can-do spirit!

We continue to deploy folks in support of Operation Enduring Freedom requirements ... and our thoughts and prayers should be with those folks and their families at this time. If a family need arises, a spouse can call any one of us still at home station because we're here to help.

### Holiday leave

I'm asking commanders to give everyone time off with families during the holidays — with the realization this is more difficult for some than for others. I strongly believe that we need to make this effort because the Travis Team is in this war for the long haul and we need to pace ourselves.

The new "normal" for us today ... in the operational sense ... is defined by this war we're in, which requires us to consistently be prepared for uncertainty and surprise. Whether or not a person is assigned to a bucket with this AEF cycle, everyone needs to be ready. When you get down to it, everyone is vulnerable to deploy within the AEF construct.

### Mobility requirements fulfilled

That's why it is important for everyone to have all mobility requirements fulfilled and it's every member's responsibility to do so. Everyone should have in their possession a current



Arielle Kohn / 60th CS Visual Information

### 3, 2, 1 ... Happy Holidays!

Brig. Gen. Brad Baker, 60th Air Mobility Wing commander, stands with a group of children as the base Christmas Tree is illuminated during a ceremony Saturday. To help him count down to the lighting of the Travis Christmas Tree and Menorah, the general called forward all the children who have a parent deployed during this holiday season. During the ceremony, Maj. Sarah Futterman of the 60th Medical Group, read a special Jewish prayer. The prayer was followed by a holiday tune courtesy of the children's gospel choir. Wrapping up the event was a visit by Santa Claus. Ol' Saint Nick arrived on scene aboard a 60th Civil Engineer Squadron fire truck. See next week's Tailwind for more Travis holiday photos and information.

Leave and Earning Statement, up to date immunization record, emergency data card, dog tags, etc.

Those are relatively small responsibilities that make a big difference when the deployment time comes. I appreciate the professionalism of everyone ... because when it comes to doing the nation's work, on deployments or at home, you are the best!

The work you do is appreciat-

ed at many levels, including our local communities, and it isn't uncommon for California city, state and federal legislators, or their staff members, to drop by to say "thanks" to you for your efforts. This era has driven the importance of what you represent.

### Band of the Golden West

Many thanks are also due to Travis' Band of the Golden West



General Baker addresses the crowd during Tuesday's Christmas Tree and Menorah lighting ceremony.

... this talented team is no stranger to the challenges of a high operations tempo. They work hard along the West Coast states to help keep our military and civilian communities connected ... by performing as they did a week ago at the holiday concert held in Vacaville. We're fortunate to have them at Travis and look forward to seeing them in the Tournament of Roses Parade.

### In conclusion

Chief Whitman and I have been around the base meeting people ... and we continue to be impressed with the professionalism and dedication of our military, civilian and contractor workforce.

Special recognition is due to several Travis Team members who recently were honored for their professionalism and expertise during the 25th Annual San Francisco/Bay Area Federal Employees of the Year Awards ceremony. My hat's off to **Lorna Villacampa**, 60th Operations Group, **Brad Miller**, 60th Aircraft Maintenance Squadron and **Tech. Sgt. Terrell Pigg**, 60th Aircraft Maintenance Squadron, for exemplifying the best in terms of excellence, integrity and service. (See the story on Page 4.)

I'm proud to be your commander. God bless you and God bless America!

## Tailwind

Travis AFB, Calif.  
60th Air Mobility Wing

**Brig. Gen. Brad Baker**  
60th Air Mobility Wing commander

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### On the Cover



TSgt. Jim Verchio / 60th AMW Public Affairs

Staff Sgt. Chris Barletta, a Travis survival equipment craftsman, makes repairs to a smoke goggle pouch.

# Winter Wonderland celebration Dec. 20

Tailwind staff

The 60th Air Mobility Wing Winter Wonderland holiday party is Dec. 20 from 6 p.m. to midnight at the Delta Breeze Club Ballroom. The social hour begins at 6 p.m. and dinner is served at 7 p.m.

The holiday party is open to all Travis military personnel, Department of Defense civilian employees, and their spouses.

Tickets for "Winter Wonderland" are available from group POCs now through Wednesday while seats last. The cost for enlisted personnel is \$15; while officers will pay \$20. Civilian rank is price equivalent, and non-club members will be subject to an additional \$2 surcharge per ticket.

Dress for the evening is "smart" casual or coat and tie.

## Party highlights:

» Enjoy a traditional holiday dinner served family-style, including turkey, ham, vegetables, mashed potatoes, tossed green salad, bread, mousse dessert and tea and coffee.

» Dancing, music and games are scheduled throughout the evening.

» For families with children, there will be a roller rink lock-in from 5 p.m. to midnight at the Travis Skate Rink that evening. Cost will be \$15 per child pre-paid, \$20 at the door.

» The Travis Child Development Centers carry lists of Red Cross qualified babysitters. Travis CDCs may also have childcare available if a minimum number of children are signed up.

## Designated unit ticket POCs:

■ **60th Mission Support Group:** Capt. Mark Tate at 424-4530.

■ **60th Maintenance Group:** Senior Master Sgt. Marcus Reich at 424-0717.

■ **60th Operations Group:** 1st Lt. David Moss at 424-7853.

■ **60th Medical Group:** Melissa Reeves at 423-7828.

■ **615th Air Mobility Operations Group:** Capt. Jack Stanley at 424-3651.

■ **60th Air Mobility Wing and Director of Staff:** Capt. Karie Pahia at 424-1705.

» A limited number of billeting rooms at Travis' Westwind Inn have been pre-reserved for any interested party participants. These rooms are available on a first-come, first-served basis.

» The Winter Wonderland Holiday Party features a "reindeer" karaoke fundraiser. Vote early, and vote often for your favorite group commander, the command chief or even the wing commander. The winner — the person with the most votes — will sing a holiday favorite for the crowd. During this event, \$1 is equivalent to one vote, and the rules of engagement include fixing votes. Anyone is welcome to try to "fix" the vote; encourage friends, squadron members or others to place their money down on the person they want to see on the karaoke stage that night. Collection boxes are located in each of the unit offices.

# Base volunteers work to provide more DUI awareness

By A1C Alice Moore

60th AMW Public Affairs

The base will host a drunk driving awareness event today at 11 a.m.

The event will take place at the corner of Vandenberg Drive and Napa Street near Dorm 1353, and base personnel are encouraged to attend. According to statistics, 50 percent of all automobile accidents from Thanksgiving to New Years are alcohol related, said Capt. John Howard, training instructor from the 9th Air Refueling Squadron and officer in charge of Travis' drunk driving awareness event.

"The goal of this event is to further educate all of Travis. We want to focus especially on the dorm residents and personnel who are the rank of senior airmen and below on the dangers of drinking and driving," Howard said.

The event will showcase a Driving Under the Influence scenario. The simulated DUI

case will involve drivers, passengers and a pedestrian. Actors will be on hand to act out scenarios such as a car accident and an arrest.

"I believe this event is a great opportunity for individuals to witness what really happens to someone who is faced with a DUI," Howard said.

"Hopefully, this demonstration will make people think twice before drinking and driving."

Participants for this event include the 9th ARS, the 60th Medical Group, Travis Security Forces, 60th Civil Engineer Squadron, 60th Communications Squadron, Bryan-Braker Funeral Home, Pick and Pull, Public Affairs, Wing Safety and Wing Plans.

"If we can prevent at least one person from making a poor decision, the event will be a success."

"We really can't accomplish our mission without people," Howard said.

# Services Facilities Winter Holiday Hours

Facility	Dec. 24	Dec. 25	Dec. 31	Jan. 1
Travis Bowl	9 a.m. to 4 p.m.	Closed	9 a.m. to midnight	Closed
Delta Breeze Club	Closed	Closed	New Year's Eve parties	Closed
Pizzeria (see note below)	Closed	Closed	Closed	Closed
Travis Conference Center	7 a.m. to 3 p.m.	Closed	7 a.m. to 3 p.m.	Closed
Cypress Lakes Golf Course	8 a.m. to 3 p.m.	Closed	8 a.m. to 5 p.m.	Closed
Veterinary Clinic	Closed	Closed	Closed	Closed
Outdoor Recreation	8 a.m. to 3 p.m.	Closed	8 a.m. to 3 p.m.	Closed
Information, Tickets & Travel	8 a.m. to 3 p.m.	Closed	8 a.m. to 3 p.m.	Closed
Aero Club	8 a.m. to 3 p.m.	Closed	8 a.m. to 3 p.m.	Closed
Skills Development Center:				
Auto Hobby Shop	Noon to 5 p.m.	Closed	Noon to 5 p.m.	Closed
Frame Shop	Noon to 5 p.m.	Closed	Noon to 5 p.m.	Closed
Wood Shop	Closed	Closed	Closed	Closed
Travis Sailing Center	Closed	Closed	Closed	Closed
Sierra Inn Dining Facility	Breakfast: 5:30 to 8 a.m. Lunch: 11 a.m. to 1:30 p.m. Dinner: 4:30 to 5:30 p.m.	Breakfast: 5:30 to 8 a.m. Lunch: 11 a.m. to 3 p.m. Dinner: 4:30 to 5:30 p.m.	Breakfast: 5:30 to 8 a.m. Lunch: 11 a.m. to 1:30 p.m. Dinner: 4:30 to 5:30 p.m.	Brunch: 6 a.m. to 1 p.m. Dinner: 4:30 to 6:30 p.m.
Golden Hills Dining Facility	Closed	Closed	Closed	Closed
Mitchell Memorial Library	10 a.m. to 3 p.m.	Closed	10 a.m. to 3 p.m.	Closed
Fitness Center	10 a.m. to 6 p.m.	Closed	10 a.m. to 6 p.m.	Closed
CDC I, II & III	6:30 a.m. to 6 p.m.	Closed	6:30 a.m. to 6 p.m.	Closed
Youth Center	6:30 a.m. to 6 p.m.	Closed	6:30 a.m. to 6 p.m.	Closed
Teen Zone	2 to 6 p.m.	Closed	2 to 6 p.m.	Closed
Family Child Care	7:30 a.m. to 3 p.m.	Closed	7:30 a.m. to 3 p.m.	Closed
Skating Rink	Closed	Closed	Closed	Closed
Human Resources Office	7:30 a.m. to 3 p.m.	Closed	7:30 a.m. to 3 p.m.	Closed

**Note** — The Pizzeria will be closed Dec. 21 - 23.

# Three Travis employees earn top civilian honors

By Capt. Kim Garbett  
60th AMW Public Affairs

Three members of Team Travis captured almost one-third of the awards during the 25th Annual San Francisco/Bay Area Federal Employees of the Year Awards ceremony Dec. 5.

The ceremony, hosted at the Palace Hotel in San Francisco, is an annual opportunity to highlight and officially recognize federal employees who have demonstrated a high caliber of performance and dedication and have made meaningful contributions to their agencies and communities.

Lorna Villacampa, 60th Operations Group, Brad Miller, 60th Aircraft Maintenance Squadron and Tech. Sgt. Terrell Pigg, 60th Aircraft Maintenance Squadron, walked away as winners in each of their categories. These Travis superstars competed against employees in out-state agencies throughout the Bay Area, including the FBI, DOA, IRS, EPA, U.S. Customs and other branches of the military.

These three Travis members exemplify the Air Force Core competencies: integrity first, service before self, and excellence in all we do. Each said that without the great teamwork and support of those around them, the professional outcome of the works would not be as tangible or as evident.

## Lorna Villacampa

Villacampa, personal assistant and secretary for Travis' 60th Operations Group commander, said she was extremely "surprised and honored"

to win in the clerical category, one of 11 categories of awards. Among Villacampa's duties, she provides administrative oversight to six squadrons with 1,400 military and civilian personnel.

The lone civilian in the OG command office, Villacampa provides continuity ensuring long-range process improvements continue despite military turnover. She also coordinates all facets of worldwide travel and lodging for senior officers and is the focal point for visitors, as well as inbound and outbound correspondence.

In addition to work duties, Villacampa is dedicated to self-improvement, and is working toward a degree in computer information science, among other job skill improvement courses she has completed.

She is also an enthusiastic community volunteer and acts as an entertainer for various Travis community events.

## Tech. Sgt. Terrell Pigg

Pigg, a section shift chief for the 60th AMXS, was extremely nervous, but thankful and proud, as he walked up to accept his award for the military uniformed category.

Pigg's expertise lies in the trenches of the C-5, heavy airlift and global reach community. According to his supervisor and others with whom he works, Pigg's leadership skills, coupled with outstanding management and foresight, has guaranteed success in many missions. "Pigg takes pride in everything he does," said Master Sgt. Jack Jimenez, Pigg's supervisor. "Pigg's inspiring leadership has helped manage scarce

resources and personnel to their fullest potential." Immediately following the Sept. 11 attacks, Pigg responded by delivering troops, equipment and supplies to locations around the world.

Jimenez said Pigg cares about his people and the mission.

## Brad Miller

Miller, an aircraft overhaul supervisor for the 60th AMXS, has served the Air Force for 14 years. He won top honors in the FEYA's management category. Miller said he was humbled to have won, but he was also thrilled to have represented Travis in such an honored capacity. He is personally accountable for one of two \$2 million C-5C Galaxy Space Cargo Modified aircraft in the Air Force inventory.

Some of Miller's recent career highlights include his exceptional performance following Sept. 11, 2001, when Travis airlift taskings increased 180 percent. Miller was hand picked to launch the first C-5 from Travis in support of the President's campaign against terrorism; within hours, the first Travis C-5 was airborne with vital emergency workers and supplies. Miller also oversaw the integration of 143 activated reservists, and generated 252 sorties in the first 90 days following the attacks. Additionally, he led the 60-member night shift team as acting production expeditor responsible for maintenance accomplishment.

Miller has won Squadron Manager of the Year, Crew Chief of the Year and Logistics Group Manager of the Year awards.



Villacampa



Pigg



Miller

## NEWS NOTES

### TRAVIS AIR FORCE BASE

#### Sharp Award winners

Chiefs Group Sharp Award winners for December are as follows:

► Airman 1st Class Cassandra Bohn, 60th Medical Support Squadron.

► Airman 1st Class Forrest Payne, 660th Aircraft Generation Squadron.

"The Travis Chiefs take great pride in recognizing our Travis Sharp Award winners each month," said Chief Master Sgt. Thomas Kistler, Chiefs Group Sharp Award chairman.

#### New numbers

The Military Personnel Flight Customer Service office has new phone numbers.

For ID cards, call: Customer Service Representative No. 1: 424-8483  
Customer Service Repre-

sentative No. 2: 424-8480

Customer Service Representative No. 3: 424-8481

Customer Service Representative No. 4: 424-8468

For the Records Section, call 424-5523, 424-2253, 424-7118, 424-3903 or 424-8347.

#### Ed. Center closure

The Base Education and Training Center will be closed Wednesday from noon to 4:30 p.m. for a flight function. The center will reopen Thursday at 7:30 a.m.

#### Base power outages

There will be several scheduled power outages throughout the military family housing areas in December and January. Power outages will occur between 8:30 a.m. and 6:30

#### To err is Human ...

In last week's Tailwind, in the article concerning the base recycling program, the words "Hazardous Waste disposal" should have read "Household Hazardous Waste disposal." The correct wording is: ... Solano Garbage Company offers free Household Hazardous Waste disposal on the second and fourth Saturdays of each month (by appointment only). To set up a Household Hazardous Waste disposal appointment, call Solano Garbage Company at 439-2817.

p.m. on Monday, Dec. 18 and Jan. 6, and will affect homes in the following areas:

**Monday** — Esterbrook Street, Fairchild Drive, Robert Street, Nevada Street, Armstrong Street, and Pope Court.

**Dec. 18** — Vermont Street, Esterbrook Drive, Ellsworth Avenue, and Nevada Street.

**Jan. 6** — Fitzgerald Drive, Martin Avenue, Clark Court, Glenn Court,

Cullen Court, Bradley Boulevard, Bradley Court, Lamb Court, McGuire Street, Norton Street, Collins Drive, Offutt Street, Paine Street, Randolph Street, Spatz Street, and Facility 8499 (pump station).

For more information, contact 60th Civil Engineering Squadron Production Control at 424-0895.

#### Christmas tree lot

The Travis Boy Scouts are operating the base Christmas tree sales lot through Dec. 21 in the grassy area next to the Commissary. The lot will be open Monday to Friday from 4 to 8:30 p.m., Saturday from 9 a.m. to 7 p.m., and Sunday from noon to 5 p.m. All profits support the Travis Scouting Program.

#### Volunteers needed

The Jimmy Doolittle Air and Space Museum Foundation is seeking volunteers to work one hour, one day a week for help with planning and fundraising at the Travis Air Museum. Volun-

teers can choose which day and hour they prefer, but they need to come at the same designated time each week. Lunch will be provided to volunteers who choose to work during the lunch hour. For more information, call Maj. Diana Newlin at 424-5605 or Cathleen Handlin at 437-8645, or e-mail doolittlemuseum@aol.com.

► Volunteers are needed to fill time slots at the Base Exchange in an effort to raise donations for the Jimmy Doolittle Museum. Those interested in volunteering should contact Senior Master Sgt. Terry Shore at 424-2963 or e-mail terry.shore@travis.af.mil.

#### Separating from active duty?

Are you within six months of normal date of separation from active duty? If so, it's time to schedule your mandatory Reserve Opportunities Briefing. To schedule a briefing, call Master Sgt. Brown at 424-3083 or Master Sgt. Morales at 424-1919.

■ SEE NOTES ON PAGE 5



## NOTES / From Page 4

The briefing is an opportunity to ask your Air Force Reserve In-Service Recruiter questions about the Air Force Reserve.

Those interested in learning more about the Palace Chase Program should attend the mass Palace Chase Briefing at 9 a.m. in Bldg 381, Room D207, on the first and third Friday of each month.

No appointment is necessary for the Palace Chase briefing.

### Flu shots

Influenza shots are now being given at both the Primary Care and Family Practice clinics. Active-duty personnel can get their flu shot Monday from 8 a.m. to 4 p.m. at the Military

Personnel Flight auditorium, located in Building 381. For more information, call 423-5104.

### Facility Managers

The 60th Civil Engineering Squadron is holding its quarterly facility managers training Wednesday at 10 a.m. in the Travis Conference Center ballroom (Building 480).

The training will encompass

requirements and responsibilities in accordance with Travis Air Force Base Instruction 32-301. According to CE officials, the training is mandatory and attendance will be taken. For details, call Airman 1st Class Tammy Elam at 424-7595.

### FTAC change

Beginning in January, First Term Airman Center classes will begin on Tuesdays only.

### AF Academy tickets

The Air Force Academy Falcons football team will be competing in the 2002 Diamond Walnut San Francisco Bowl Dec. 31 at Pacific Bell Park at 7:30 p.m.

Beginning Monday, tickets (\$40 to \$65) can be purchased at Information, Tickets and Travel. Call 424 - 5240 for more details.

***Looking for information or telephone numbers?***

Call the Base Operator  
at 424 - 1110.



# Travis provides holiday magic

By **Linda Mann-Iames**  
60th Services Squadron

Members of the Travis community have put together a number of wintertime celebrations for the base's youngest holiday enthusiasts.

This week, four children's events are planned to entertain, uplift and enrich the season's festivities.

» On Sunday, Santa is arriving by boat at the Travis Sailing Center in Sausalito. There will be pony and donkey rides, goats to feed and pet, gingerbread house building, a magician, and more.

Children 10 and under are free, and all others pay \$5. The event runs from noon to 3 p.m. and

includes a holiday meal. Call the Sailing Center at (415) 332-2319 for more information.

» A bit closer to home, base children may also visit with Santa at the Holiday Story Time at the base theater Dec. 18 from 4 to 5:30 p.m. Joining Santa Claus will be Mr. Jelly Belly, McGruff the Crime Dog, Harry the Hawk and Sparky the Fire Dog.

The Band of the Golden West Saxophone Quartet will perform a holiday medley and door prizes will be given away from Lakeshore Learning Materials, First Command and Jelly Belly. Of course, it wouldn't be Story Time without stories. Guest readers will

share their favorite holiday tales with the children. Story time is free and fun for the whole family.

Call the Mitchell Memorial Library at 424-3279 for more information.

» The Band of the Golden West presents a free holiday concert on Saturday at Hangar P-14 for the entire family.

See the story on Page 16.

» The Army and Air Force Exchange Service will show a free preview screening of "The Wild Thornberrys" at the base theater on Saturday at 1 p.m. and again Sunday at 3 p.m.



Linda Mann-Iames / 60th Services Squadron

Robbin Beckley reads an interactive storybook to her toddler class at CDC 1. The children take turns putting different hats on the dolls that go with the book about careers. The book and dolls are one of the prizes Lakeshore Learning Materials has donated to the Holiday Story Time on Dec. 18.

## Thrift Savings open season ends Dec. 31

RANDOLPH AIR FORCE BASE, Texas (AFPN) — Civilian and military employees still have time to sign up for or change Thrift Savings Plan accounts during the current open season.

The last day TSP open season elections can be made is Dec. 31.

Changes made after Dec. 1 will become effective the beginning of the following pay period for civilians and the following month for military.

Information is available on the Thrift Savings Web site at [www.tsp.gov](http://www.tsp.gov) or for military personnel at [http://www.afpc.randolph.af.mil/mpf/TSP/thrift\\_savings\\_plan.htm](http://www.afpc.randolph.af.mil/mpf/TSP/thrift_savings_plan.htm).

# The count down is on Last chance to win with DBC membership drive

60th Services Squadron

In just one week, the Air Force Clubs Electrified Membership Drive comes to an end, along with the chance to win gifts like plasma and flat screen TVs, home theater systems, personal component systems, portable DVD players, MP3 players and more.

Everyone who joins the club by Dec. 20 will automatically be eligible for prizes.

"We offer so much for members, from free buffet meals at our membership appreciation dinners to great entertainment like the New Year's Eve parties and our Monte Carlo Nights," said Delta Breeze Club manager, Mark Larios. "We listen to our members and try to give

**Everyone who joins  
the club by Dec. 20  
will automatically  
be eligible for prizes.**

them what they ask for like the Wednesday Chinese Buffet Lunch and the Late Niters on Saturdays."

Stop by the club this week to sign up and get in the drawing for great prizes.

The Membership Wrap Up party will be held on Jan. 26 at the DBC. Call 437-3711 for more information.

## BEYOND TRAVIS

NEWS FROM OUTSIDE THE TRAVIS GATES

# Commandwide efforts build quality of life

By Cynthia Bauer  
Air Mobility Command Public Affairs

SCOTT AIR FORCE BASE, Ill. (AMCNS) — Air Mobility Command leaders are calling fiscal year 2002 one of the best years ever for their efforts to enhance the quality of life for people throughout the command by improving facilities and restoring base infrastructure.

The command and base civil engineers will continue to deliver on a long list of wing projects funded through Military Construction, Operations and Maintenance, Medical, Transportation Working Capital and Non-appropriated programs.

"This tremendously successful year was the result of tireless efforts of civil engineers, contracting and finance personnel at the wings and AMC headquarters. They planned, programmed, designed and awarded projects that address the command's most urgent requirements," said Gen. John W. Handy, AMC commander. "We concentrated on funding projects that support the mission, take care of our great people at AMC bases and in AMC units."

The AMC Civil Engineer, Maj. Gen Dean Fox said, "What this boils down to is that AMC bases will see a lot of digging going on — digging that will mean improved support to the mission and people of AMC."

According to Connie Shelton, Hq. AMC Civil Engineering Resources Division chief, AMC funded more than 450 projects throughout the command in the fiscal year.

"We provided funds for construction in support of force protection facilities, to repair or replace airfield pavements and leaking roofs, and to repair roads and parking areas. We also funded projects to repair heating and air conditioning systems," Shelton said.

While CE projects can be found in all base areas, among the most noticeable will be housing projects. Military family housing projects received

\$93 million for construction and renovation.

"AMC funded eight military construction projects to replace or provide whole-house improvements for 383 homes and upgrade three base housing offices," said Lt. Col. Bill Corson, Hq. AMC/CE Housing Division chief. "Additionally, the command saw the largest program in six years for housing operations and maintenance, where \$31 million was awarded for upgrades to 224 homes and to replace electrical, gas, water and sewer lines. Home upgrades include new flooring and carpet, painting inside and out, renovation of kitchens and bathrooms, and new bedrooms sized to contemporary standards versus those of the 1950s."

Through O&M funds, the command also completed a four-year effort to improve 230 playgrounds in base housing and bring them up to the latest safety standards. AMC is the first Air Force command to accomplish this feat.

The command also awarded funding for 20 other military construction projects, ranging from more than \$34 million for C-17 facilities and support projects at McGuire AFB, N.J., to \$1 million to upgrade the transportation infrastructure at McChord Air Force Base, Wash.

Hq. AMC Civil Engineering provided \$79 million for environmental projects, including continuing cleanup on 172 old spill sites, remediating contaminated soil and groundwater.

Other projects continue improvements to all areas of AMC bases. More than \$24 million was awarded to upgrade and repair hospitals and Health and Wellness Centers. Eight fire station projects worth more than \$9 million began for new construction and repairs. Fitness centers, pools and athletic fields will benefit from funding for 27 additional upgrade projects, and 13 other projects will target chapels and other community support facilities such as auto hobby shops

■ SEE QUALITY ON PAGE 14





## Stressed out?

Take time everyday to wind down. If you feel your stress level has progressed to an unmanageable level, call the Behavioral Health Clinic Monday through Friday from 7:30 a.m. to 4:30 p.m. at 423-5174.

# BE NATURAL with children during the holiday season

**Editor's note** — This is the final article of a four-article series on avoiding holiday stress and depression; part of Operation Reduce the Holiday "Blues."

**By 1st Lt. Thomas J. Madden**  
Life Skills Support Center

Although the holidays are supposed to be a time full of joy, good cheer, and optimistic hopes for a new year, many people — including children — experience seasonal "blues."

Communications, which may not have been great before, can even be more difficult. School is out and children are often home alone with a lot of free time.

So what's a parent to do during this season of hype and hoopla ... BE NATURAL.

BE NATURAL is a simple acronym to remind us that especially at this time of year we have to take care of ourselves if we are going to take care of others.

- B:** Breathing deeply
- E:** Exercise
- N:** good Nutrition
- A:** a positive Attitude
- T:** Time management
- U:** enjoy the Uniqueness of our family
- R:** Relaxation
- A:** Associations with various support systems
- L:** Laughter

With older children and teenagers, who are more aware of the hassles the holidays may bring, parents need to watch for signs of withdrawals and depression, and really work to keep the lines of communica-

tion open.

Volunteer activities can provide opportunities for older teenagers who have little money of their own but great resources in time and energy, which they want to use as contributors to the holiday spirit.

Most teens will need an adult to help coordinate their efforts, so parents might network to help connect teens with nursing homes, homeless shelters and other charitable organizations that need assistance.

Affirming messages can help keep connections between busy parents and younger teens. The parent might leave a message that says, "I am busy and I am doing things for you, so I appreciate that you are carrying out your responsibilities." Such messages reinforce good, independent behavior.

For younger children, parents can develop peer groups and work out a networking support system in the neighborhood, through the work place or church for quality day care and play group activities suitable for their ages. Visits to children's museums, story hours at bookstores or activities offered by craft shops provide new surroundings and engage children's imaginations.

Even though young children are still deep into the fantasy of the season and believe in the possibilities of what might happen, they are not immune to stress.

Enjoy a safe and joyful holiday season. Take care of yourself and all the members of Team Travis.



## Tops in Blue could be looking for you

Entertainment showcase  
seeking top Air Force talent

### 60th Services Squadron

A casting call for Tops In Blue could mean talented, active-duty singers, dancers or musicians will travel to the 2003 Air Force Worldwide Talent Contest.

This annual contest, from Feb. 9 to 17 at Lackland Air Force Base, Texas, is a search for top Air Force talent.

In addition to competing for the coveted first place "Roger" and the second place "Wilco" awards, competitors will also compete for 30 positions on the 2003 Tops In Blue troupe. This group consists of Air Force active-duty personnel who are selected and trained to become world-class entertainers and distinguished Air Force ambassadors during a nine-month international tour.

The 60th Services Squadron is coordinating the local entries for this year's competition. According to Stephen Pierce, 60th SVS marketing director, interested applicants should call 424-5470 for application guidelines and procedures.

Both entertainers and support staff are needed for the talent competition and Tops In Blue. Bus drivers; stage, light and sound technicians;

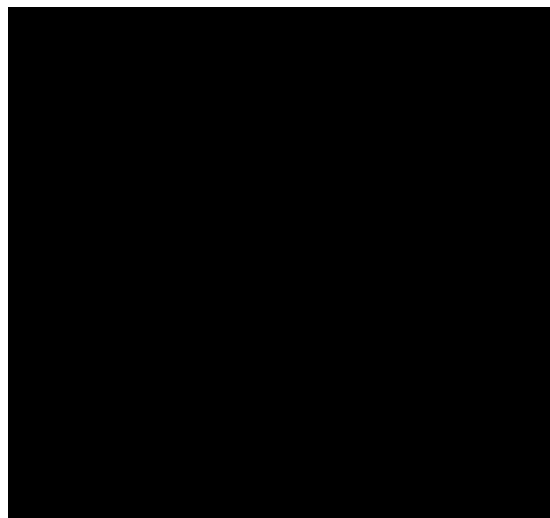
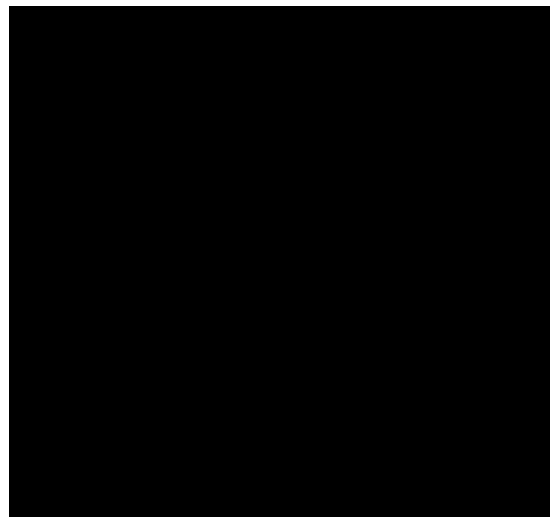
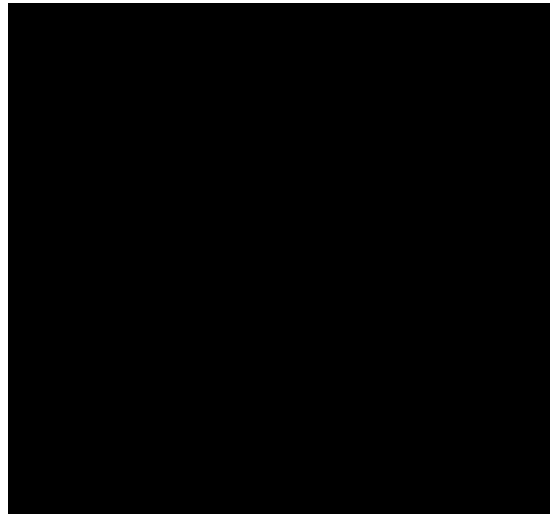
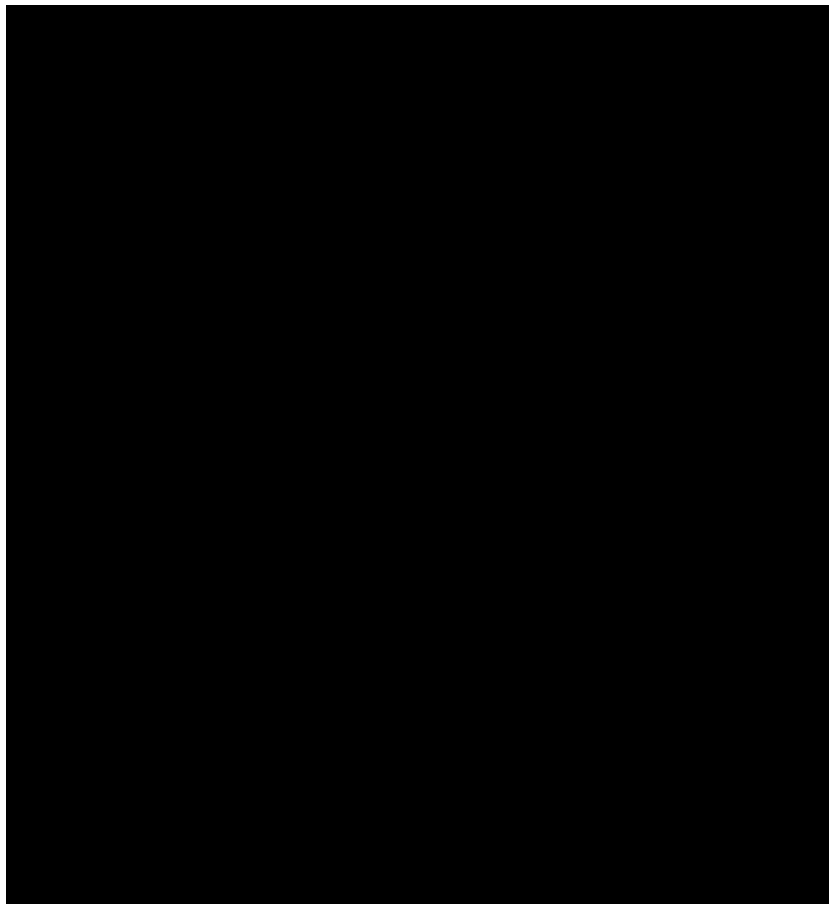
wardrobe/costume coordinators; choreographers and vocal assistants; and entertainers have a chance to compete at the worldwide competition and possibly earn the opportunity to tour with Tops In Blue.

To assist applicants in preparing an entertainer videotape and polish their act, a base-level taping will be held Jan. 3 from 8 a.m. to 2 p.m. in the Travis Conference Center.

"The collection of talent we gather here could also be used for other entertainment venues that Services puts together throughout the year," Pierce said. "So even if you are only mildly interested in Tops in Blue this year, come out and show your talent."

Participants may also produce their own tape and forward it to the Air Force Services Agency by Jan. 10. Air Force Services Agency Entertainment Branch personnel will review all applications and entertainer videos. Those individuals who display the best talent will be invited to compete at the Worldwide Talent Contest in February. Funding for the contest is provided by Air Force Services, including permissive TDY, travel and lodging.

For more information about Tops in Blue check out the Air Force Services Web site at [www.afsv.af.mil/TIB](http://www.afsv.af.mil/TIB).



## On the road again?

Take charge of your move with free relocation planning at the Family Support Center. Call 424-2486.



## AF eliminates captain central selection boards

Air Force Print News

WASHINGTON — The Air Force will eliminate captain central selection boards for active-duty, Guard and Reserve officers beginning in 2003.

The move will not only streamline the process for eligible first lieutenants — placing the decision point for promotion closer to those who know the officers best — but will benefit the Air Force in other ways as well, according to Col. Dale Vande Hey, director of personnel programs for the Air Force Personnel Center at Randolph Air Force Base, Texas.

"Aside from placing the promotion decision maker closer to the officer, it also saves the Air Force time, money and productivity by eliminating temporary duty trips for board members and preparation time at the centers," Vande Hey said.

Promotion decisions will now be made at the major command, Vande Hey said. Previously, active-duty captain selection boards were held at the AFPC, while Reserve and Guard boards were held at the Air Reserve Personnel Center.

"With the possibility on each board to promote 100 percent of those eligible, and with an historical 99 percent active-duty selection rate, it only seemed logical to make this change," Vande Hey said.

The 2002 National Defense Authorization Act permits the service secretaries to eliminate cap-

tain promotion boards when the promotion opportunity is 100 percent.

Despite the absence of a central review, individuals will still need to be "fully qualified" to be promoted. By comparison, promotion to the ranks of major through colonel are based on the "best qualified" criterion.

First lieutenants meeting the time-in-grade and time-in-service requirements will be initially recommended as either "promote" or "do not promote" candidates. Members who receive a "do not promote" recommendation will be provided an opportunity to rebut that recommendation.

Recommendation to captain for active-duty officers will take place one year preceding the quarter in which an individual is eligible to pin on, which is based on the two-year date of rank anniversary. Promotion recommendation lists are then compiled and certified quarterly at the major command level and forwarded to the AFPC. Center officials then forward the list of recommended officers through the secretary of the Air Force for presidential approval.

Recommendation to captain for Reserve officers will take place twice a year, which parallels current board cycles. Guard captain recommendations will take place once a year, one year preceding the projected pin-on date.

Active-duty officers can contact their local military personnel flights, and Reserve and Guard officers can call ARPC at (303) 676-6398 or 7193.

## QUALITY / From Page 12

and base exchanges.

Natural gas, water, wastewater and electric utility systems will see 33 upgrade projects, and 19 projects will upgrade or construct new fuel systems. Another 19 projects were awarded for \$40 million to correct deficiencies or construct new squadron operations facilities. Base operations facilities received more than \$10 million in repair projects. A total of 27 projects valued at more than \$27 million were funded for aircraft maintenance facilities. Hangars and nose docks across the command will get repaired through 28 new projects.

Other projects will improve AMC passenger terminals and AMC airfreight terminals around the world.

AMC's top priority throughout fiscal year 2002 was to support America's warfighters and their families.

According to Col. Dave Price, AMC Comptroller, "The strong partnership between wing commanders, base comptroller, CE, contracting and staff members in other functional areas made this fiscal year successful despite our limited resources. Teamwork was the key."

AMC Contracting personnel played a pivotal role to bring about all the construction projects, getting them adver-

*"This tremendously successful year was the result of tireless efforts of civil engineers, contracting and finance personnel at the wings and AMC headquarters."*

— Gen. John W. Handy  
AMC commander

tised and awarded to contractors.

Contracting director Col. Jamie Adams said, "We partnered with the civil engineers early on, so we were postured to execute the dollars throughout the fiscal year. That partnership made all these quality-of-life improvements possible."

Adams said two big CE projects for fencing and security at Charleston AFB, S.C., and Travis AFB, Calif., took his staff up until the "11th hour."

"The staff worked hard to get those contracts completed. If contracting can't execute contracts, the dollars can't go anywhere," he said.

In looking at what the command has been able to do for its people, Fox



File photo

Civil engineer projects within Air Mobility Command included new housing for junior enlisted personnel at Travis. Travis also built a new fitness center to improve the quality of life for base personnel.

summed up the success of fiscal year spending on CE projects.

"The civil engineers, contracting and finance offices did a super job," the general said. "I am proud of how well they performed throughout the command in fiscal year 2002. We were postured and

provided outstanding support for our wing's highest priority requirements. The construction and repair work you will see accomplished at our bases is important to maintaining and improving our mission support and quality of life at work, home and play."

## WEAR A

Wearing a motorcycle helmet is the law.

*In an accident, it could be your life.*

## HELMET

# Base parents urged to think toy safety

By 60th AMW Safety Office

To ensure the holiday season remains joyful for both adults and children, shoppers should take time to think about the safety of the toys they purchase.

**When buying toys** — Choose toys with care. Keep in mind the child's age, interests and skill level. Look for quality design and construction, and make sure that all of the directions or instructions are clear — to you, and, when appropriate, to the child. Plastic wrappings on toys should be discarded at once before they become deadly playthings. Be a label reader. Pay attention to age recommendations, such as "Not recommended for children under three." Look for other safety labels, including: "flame retardant/flame resistant" on fabric products, and "washable/hygienic materials" on stuffed toys and dolls.

**When storing toys** — To prevent trips and falls, teach children to put their toys away on shelves or in a toy chest after they're done playing with them. Toy boxes, too, should be checked for safety. Use a toy chest that has a lid that will stay open in any position to which it is raised, and will not fall unexpectedly on a child. For extra safety, be sure there are ventilation holes for fresh air. Watch for sharp edges that could cut and hinges that could pinch or squeeze. See that outdoor toys are stored after play — rain or dew can rust or damage a some toys and toy parts.

**Sharp edges** — New toys intended for children under 8 years old should, by regulation, be free of sharp glass and metal edges. With use, however, older toys may break, exposing cutting edges.

**Small parts** — Older toys can break to reveal parts small enough to be swallowed or to become lodged in a child's windpipe, ears or nose. The law bans small parts in new toys intended for children under 3. This includes removable small eyes and noses on stuffed toys and dolls, and small, removable squeakers on squeeze toys.

**Cords and strings** — Toys with long strings or cords may be dangerous for infants and very young children. The cords may become wrapped around an infant's neck, causing strangulation. Never hang toys with long strings, cords, loops or ribbons in cribs or playpens where

children can become entangled. Remove crib gyms for the crib when the child can pull himself up on his hands and knees; some children have strangled when they fell across crib gyms stretched across the crib.

**Sharp points** — Toys that have been broken may have dangerous points or prongs. Stuffed toys may have wires inside the toy that, if exposed, could cut or stab a child. A Consumer Product Safety Commission regulation prohibits sharp points in new toys and other articles intended for use by children under 8 years old.

**Propelled objects** — Projectiles — guided missiles and similar flying toys — can be turned into weapons and can injure eyes in particular. Children should never be allowed to play with adult lawn darts or other hobby or sporting equipment that have sharp points. Arrows or darts used by children should have soft cork tips, rubber suction cups or other protective tips. Check to be sure the tips are secure. Also, avoid dart guns or other toys that might be capable of firing items not intended for use in the toy, such as pencils or nails.

**Age matching** — Keep toys designed for older children out of the hands of little ones. Follow labels that give age recommendations. Even balloons, when not inflated or broken, can choke or suffocate if young children try to swallow them. More children have suffocated on non-inflated balloons and pieces of broken balloons than on any other type of toy.

**Electric toys** — Electric toys that are improperly constructed, wired or misused can shock or burn. Electric toys must meet mandatory requirements for maximum surface temperatures, electrical construction and prominent warning labels. Electric toys with heating elements are recommended only for children over 8 years old. Children should be taught to use electric toys properly, cautiously and under adult supervision.

**Infant toys** — Infant toys, such as rattles, squeeze toys and teething aids, should be large enough that they cannot enter and become lodged in an infant's throat.

Careful toy selection is the best way to protect children from toy-related injuries.



Linda Mann-Iamies / 60th Services Squadron

Airman 1st Class Anne Epperly (left) and Staff Sgt. Wendy Seres entertain Travis children at the Child Development Center No. 1 with a few holiday carols.

## Band of the Golden West Children's Christmas Concert Saturday

Travis people are invited to Winter Wonderland on Travis, a free Christmas concert Saturday at 3 p.m. in Hanger P-14, located on Hangar Avenue.

Tickets are not required for entrance to the concert.

During the event, the U.S. Air Force Band of the Golden West will perform Christmas favorites like Sleigh Ride, Frosty the Snowman, March of the Toys and A Visit From St. Nick. The musical selections will feature various band components, including the concert band, jazz ensemble, brass quintet, percussion group and vocalists.

The entertaining, one-hour concert should be fun for all, but especially for children. There's a rumor that Santa and Jelly Belly plan to make an entrance and lead a parade of children throughout the venue. And the Grinch will sing How the Grinch Stole Christmas.

The concert — which is dedicated to the children and families of deployed Travis personnel — is presented by 60th Air Mobility Wing Commander Brig. Gen. Brad Baker, the Air Force Band of the Golden West, and the 60th Services Squadron.

— Band of the Golden West

# Award-winning dancer to teach at Travis soon

By Linda Mann-Iamies  
60th Services Squadron

Colorful plaid kilts above long white socks and little black shoes dance around long swords crossed on the ground; bagpipes call in the background.

This scene, familiar to Highland festivals, will soon be familiar to the Travis community.

Professional dance instructor Briah McKinney and some of her students will entertain the children at the Youth Center at 11 a.m. on Dec. 23. They will perform traditional dances, such as the sword dance and the Highland Fling, and demonstrate how much fun children have doing Celtic dances.

"Those are the children's favorite dances," McKinney said. "These girls, Samantha MacDonald and Caroline Cameron, both 7 years old, are best friends and have been my students for about three years," said McKinney.

McKinney has been dancing almost since she could walk.

"My older brother started Scottish dancing when he was 4 years old and I learned to dance and to walk in the studio," she said. "I became a certified dance instructor when I was 17."

McKinney has won many dance awards during the past 15 years, including a recent

sweep at the Phoenix Highland Games in February. She is also a member of The British Association of Teachers of Dance and owns her own dance studio, "The McKinney School of Highland Dance" in West Sacramento.

Highland dance and Celtic culture is only one manifestation of McKinney's talents. She is a top college student, small-business owner, educator, beauty queen, homemaker, horseback rider and devoted daughter.

"I own a small liquidations company, do bookkeeping for other businesses, sit on the board of directors of the Caledonian Club of Sacramento, do service projects and fundraisers for charity, and organize Highland dance entertainment for the local community," McKinney said.

Dance competitions and performances are second nature to McKinney as she has been on stage since she was in her first pageant at 5 years old.

"I Really enjoy pageants," McKinney said. "I've kind of done it my whole life. My par-



**Briah McKinney has been competing in and winning dance competitions and pageants since she was 5 years old.**

ents would only let me do one [pageant] a summer so it didn't interfere with school."

Now, at 20 years old, she can enter as many pageants as she chooses. She was the 4th runner up in the Miss Teen California pageant in 2000. Last month McKinney was named Miss Christmas and will be in the 38th Annual Woodland Christmas Parade on Saturday.

"I coach girls for pageants and I warn them that they will not always win. You have to do pageants because you love them, not for winning," she said.

Her beauty, poise, talent and sense of humor have won pageant titles and dedicated students. McKinney will begin teaching a Highland dance class at the Youth Center from 6:30 to 7:30 p.m. on Tuesdays, three weeks out of the month. The class is \$30 per month, per child. Call the Youth Center at 424-5392 to sign up for dance classes.

Older children or adults who would like to learn Highland dance can call McKinney at (916) 813-9919 or e-mail at [clanmckinney1@aol.com](mailto:clanmckinney1@aol.com) for more information.



Courtesy photos

Several of McKinney's young students dance with a Highland dance group at the Dixon Christmas Tree Lighting celebration this year.



**RIGHT:** Airman 1st Class Dewesely, a survival equipment apprentice assigned to the 60th EMS, inspects and adjusts the rigging of a personnel restraint kit.

**BELOW:** Senior Airman Dan Damons, a survival equipment journeyman assigned to the 60th EMS, repairs a handle on an aircraft slide kit.



Photos by Tech. Sgt. Jim Verchio / 60th AMW Public Affairs

# SURVIVAL

## Travis airmen help keep aircrews, passengers safe

By Tech. Sgt. Scott King  
60 AMW Public Affairs

C-5s from Travis travel 2,000 miles to Elmendorf Air Force Base, Alaska, 2,113 miles to Hickam Air Force Base, Hawaii, 5,044 miles to Anderson Air Force Base, Guam, and more than 5,200 miles to locations in Japan — in the middle of the ocean, hours away from any land, the pilots, crews and passengers can only hope the life-saving equipment on board is in working condition.

That's where the 60th Equipment Maintenance Squadron survival equipment section plays a vital role — a life saving role. They are responsible for inspecting, repairing and certifying the serviceability of the survival equipment on board these monster flying machines.

"Our main mission is to provide C-5 crews and passengers with lifesaving equipment in the event of a ground or in-flight emergency," said Tech. Sgt. Clifford Clemons, assistant NCOIC for the survival equipment section. "It's an important business we're in. If we don't do the job right the first time, people's lives could be at stake. That's something we take very seriously."

The shop unpacks, inspects, repairs and repacks 210 life rafts, 210 escape slides and more than 5,000 crew and passenger life preservers every year for the C-5s here. They also inspect and repair the insulation that blankets the

entire C-5 interior, make and replace crew and troop movement matted floors, maintain infant cots and repair anti-exposure flight suits for crews who are flying over arctic waters.

The shop rarely gets to rest as the volumes of items in need of repair and replacement work their way through their doors.

"To say we're busy is an understatement," Clemons said. "We have to render 20 life rafts and nine escape shoots serviceable before Christmas — it's no easy task, but we're up to the job."

Clemons hopes none of the Travis C-5 crews and passengers ever have the need to use his equipment, but he acknowledges it has happened to him before.

"During the Gulf War, while I was stationed in the United Arab Emirates, an F-16 pilot, wearing one of the parachutes I packed, had to eject when a surface-to-air missile illuminated his radar — thankfully it opened and saved the pilot's life," he said. "We're their last chance for survival in an emergency."

A lot of the work the shop does involves patching holes in the rafts and slides, but fabric work

also plays an important role. They routinely sew up the insulation blankets found throughout the C-5 as well as repair interior straps and crew bunks through "needlework."

"People are surprised when they hear I went through four years of schooling and on-the-job-training to do this kind of work," said fabric worker Teresa Helsel, a 12-year native of Travis. "We have to know physics and math, just to name a few, so we can decipher blueprints and other forms of designs allowing us to manufac-

ture items. We also have to be pretty creative to engineer the products our customers request. It's a great way to pass the day, and an important role we play here."

The bottom line for the survival equipment shop is perfection.

"Our line of work is very important," said Senior Airman Dan Damons, survival equipment specialist. "The equipment we work on is vital to the safety of the crew and passengers. It's the kind of stuff aircrews never want to use, but if the time ever comes, it's some of the most important."



Staff Sgt. Chris Barletta makes repairs to a smoke goggle pouch.

# COMMUNITY BRIEFS

## TRAVIS AIR FORCE BASE

### Announcements

#### New Year's parties

The Delta Breeze Club is hosting three separate parties for three different crowds; formal dining and the big band sound, lavish hors d'oeuvres and R&B or snacks and a DJ. For those who would rather bowl than dance, Travis Bowl holds a Colorama New Year's party with hors d'oeuvres and the chance to win money and prizes. Call the DBC at 437-3711 or Travis Bowl at 437-4737 to make reservations by Sunday.

#### DBC holiday hours

The DBC will be closed to regular business from Dec. 23 to Jan. 1. Tickets for the New Year's Eve parties may be purchased at the Cashier's window from 1 to 7 p.m. Dec. 26, 27 and 30; noon to 5 p.m. Dec. 28 and 9 a.m. to 3 p.m. Dec. 31.

#### Pizzeria hours

The Travis Pizzeria will be open for lunch Tuesday through Friday from 11 a.m. to 2 p.m. until the end of the month. They will be closed all other times.

### Services

#### Today

▲ There is a gift wrap fundraiser for the pediatric ward at David Grant Medical Center. Bring items to the Teen Zone from 4 to 6 p.m. today, Monday and Tuesday. Call 424-3131 for more information.

#### Monday

▲ Monday Night Football is on the big screen TV at 5 p.m. at the Delta Breeze Club's Gold Rush Lounge. There are drink specials, free snacks, prize drawings. The event is open to all ranks.

#### Tuesday

▲ Winter Story Time for pre-schoolers is from 9:30 to 10:15 a.m. at the Mitchell Memorial Library. A seasonal art project will follow the story reading. Call 424-3279 to volunteer as a story time reader for future events.

▲ The DBC has a club card

drawing from 5 to 6 p.m., a chance to win at least \$200.

#### Wednesday

▲ Holiday Story Time at the base theater is from 4 to 5:30 p.m. There will be music, stories, prizes and more. Mr. Jelly Belly, Santa, Sparky, McGruff will all visit. Call the Mitchell Memorial Library at 424-3279 for more information.

▲ The Teen Zone is having an early breakfast from 6:30 to 9:30 a.m. All students age 13 to 18 are invited. Muffins, bagels and juice will be available for a small cost. Call the Teen Zone at 424-3131 for details.

#### Thursday

▲ It's the last day to buy discount tickets for the late night skate Dec. 20 at the Travis Skating Rink. Kids skate, eat pizza, play games and win prizes from 5 p.m. to midnight. Buy tickets at the Youth Center for \$15 or at the door for \$20.

### Family Support

#### Monday

▲ Spouse Employment Orientation class is from 9 to 10 a.m. at the Family Support Center for newly arriving spouses, spouses returning to work or spouses wishing to explore new career opportunities. Learn about career development classes at the FSC. Call 424-2486.

#### Wednesday

▲ WIC representatives will be at the FSC from 8 a.m. to 4 p.m. by appointment only. Call 435-2200.

#### Thursday

▲ WIC representatives will be at the FSC from 8 a.m. to 4 p.m. by appointment only. Call 435-2200.

▲ There is a mutual funds seminar at the FSC from 9 to 11 a.m. Call 424-2486.

▲ Sponsorship training is from 9 to 9:30 a.m. at the FSC. Call 424-2486.

▲ The Airman's Attic will be closed starting today through Jan. 1, 2003.

#### Weekly

▲ Applications are avail-

## Get your game on ...



Jasmine Mazyck / Youth Center photo club

Nine-year-old Paul Grotke, left, and 8-year-old Marcos Jackson go one-on-one in the Youth Center gym practicing for the youth basketball season. Youth basketball and cheerleading registration closed Nov. 27. For Youth Center sports information, call the center at 424-5392.

able at the FSC for the Air Force Aid Society's \$1,500 education grants for the 2003-2004 school year. Deadline for receipt of applications at HQ AF Aid Society for the 2003-2004 school year grant is Mar. 14, 2003. For more information, call the Travis Air Force Aid Officer at 424-4349.

▲ The Air Force Aid Society will pay for a few hours of child care per week for volunteers who work in non-profit organizations on Travis. Examples of organizations are the FSC, Airman's Attic, and the Red Cross. Call 424-4349 for more information.

### Family Advocacy

#### Dads' boot camp

The Boot Camp for Dads is a program in which veterans (new fathers) show rookies (fathers-to-be) the ropes of fatherhood. The program is for men only and is currently recruiting for new fathers-to-be. Classes are being held quarterly. The next three-hour workshop is scheduled for Thursday January 30, 2003. For more information, call 423-5168.

#### Parenting class

The Parenting class is a six-week program geared toward parents of children 3 and older. Topics include how to prevent problems before they occur how to stop problem behavior. Classes are held at the David Grant Medical Center. Call the Family Advocacy office to register at 423-5168.

#### Anger class

Anger management is a five-week course in which

participants learn to recognize their feelings and direct them in a constructive manner. This class is held on Mondays at the DGM or Thursdays at the Health and Wellness Center. Seating is limited. Call the Family Advocacy office at 423-5168 to register.

#### Couples class

Couples Communication is a five-week course offered on Tuesdays or Fridays at David Grant Medical Center. Call 423-5168.

### Chapel Events

#### Languages of love

Has your mate ever said, "You don't Love me" or have you ever felt unloved by your spouse? Join a discussion on the five love languages Saturday at 7 p.m. in Chapel One.

#### Prayer meeting

The Protestant Women of the Chapel meet for prayer Mondays from 11 a.m. to noon in Chapel One.

### Holiday Services

#### Wednesday

Advent Communal Penance Service, Chapel Center, 6 p.m.

#### Dec. 24

Christmas Vigil Mass, Chapel One, 5 p.m.

Candle Light Service, Chapel Center, 6 p.m.

Candle Light Service, Chapel One, 8 p.m.

Lessons and Carols, Chapel One, 11 p.m.

Christmas Midnight Mass, Chapel One, midnight

### Chapel Services

#### Catholic

▲ Monday through Friday, 11:30 a.m., communion service or Mass, Chapel Center.

▲ Thursday, noon, Catholic communion service, DGM Chapel.

▲ Saturday, 4 to 4:45 p.m., confessions, Chapel One.

▲ Saturday Mass, 5 p.m., Chapel One.

▲ Sunday Mass, 9 a.m., Chapel One.

▲ Sunday, 9 a.m. children's liturgy of the Word, Chapel One.

▲ Sunday Mass, 12:30 p.m., Chapel Center.

#### Protestant

▲ Friday, noon, 30-minute worship service, DGM Chapel.

▲ Sunday, 8 a.m., community, praise and worship service, Chapel Center.

▲ Sunday, 10:30 a.m., community worship service, Chapel Center. Nursery class for kids 3 months to 3 years.

▲ Sunday, 11 a.m., community Gospel service, Chapel One.

### Contemporary

Sundays, 5 p.m., Inside Out, Chapel Center. Children's program provided. For more information, contact Chaplain (Capt.) Herb Shao at 424-3943.

### Wicca

Classes are held at various locations and times due to deployments. E-mail Beltane@prodigy.net for current information.

## Base powerlifters show their mettle

During the Travis powerlifting competition Saturday at the Fitness Center, Tobias Adams benched 315 pounds and deadlifted 625 pounds to take first place in the men's middleweight division.

In the heavyweight division, Steve Kuzia benched 265 pounds and deadlifted 555 pounds to take first place.

Diana Zuniga benched 95 pounds and deadlifted 255 pounds to take first in the women's middleweight division, while Nancy Sheehan benched 85 pounds and deadlifted 135 for first place in the women's heavyweight division.



Nancy Sheehan, Air Force Band of the Golden West, took first place in the women's heavyweight division.



Diana Zuniga earned first place in the women's middleweight division.

Courtesy photos

### Winners (by category)

	Benchpress	Deadlift	Squat
Men's 1st place heavyweight, Steve Kuzia	265 lbs	555 lbs	0
Men's 2nd place heavyweight, Ki-antae Hudson	280 lbs	535 lbs	350 lbs
Men's 3rd place heavyweight, Frank Sotelo	275 lbs	440 Lbs	0
Men's 1st place middleweight, Tobias Adams	315 lbs	625 lbs	505 lbs
Men's 2nd Place middleweight, Brian Clarke	315 lbs	460 lbs	0
Men's 3rd place middleweight, Brian Herre	245 lbs	425 lbs	365 lbs
Women's 1st place middleweight, Diana Zuniga	95 lbs	255 lbs	0
Women's 1st place heavyweight, Nancy Sheehan	85 lbs	135 lbs	100 lbs



Tobias Adams, 715th Air Mobility Squadron, placed first in the men's middleweight division.

## 60th MDG Fitness Challenge open to Travis teams

The next 60th Medical Group Fitness Challenge relay race is Thursday at 2:30 p.m.

Since February, the 60th MDG has organized the Fitness Challenge relay race on the fourth Thursday of each month.

The 10-lap race takes place around the David Grant Medical Center.

According to race coordinators, Travis squadrons can participate by selecting one team to represent their squadron in the race. Squadron teams must be selected and names provided to the 60th MDG race coordinator no later than 2:30 p.m. on the day prior to the race.

For more information or to sign up, call SMSgt. Eric Harmon at 423-5463 or e-mail [eric.harmon@60mdg.travis.af.mil](mailto:eric.harmon@60mdg.travis.af.mil).

### Rules of Engagement:

- » Team participants must be members of the squadron they represent.
- » Each team must provide one "race assistant" who will be in place no later than 2 p.m. on race day; assistants will report to the North Entrance of DGMC (the side with the flag pole) and await instructions.
- » Assistants can park in Staff Parking at DGMC; however, special parking will not be set aside for teams or team members.
- » A shuttle will pick up non-Medical Group teams at the Base Lemon Lot, located adjacent to the Armed Forces Bank. The shuttle will return runners to the Base Exchange when the race is complete.
- » The relay race will begin at approximately 2:30 p.m. and end by 4:45.
- » Each team will complete 10 laps. A female must complete one lap, and a runner 40 or older must complete one lap. There are no

restrictions on the other eight laps.

- » In addition to the run, there will also be a sit-up requirement that must be met after each runner completes their leg — males and females must complete 20 sit-ups in 60 seconds. The next runner will hold the previous runner's ankles before running his or her mile. If an individual fails to complete 20 sit-ups, there will be a 15-second penalty added to the team's overall time.

- » The team with the fastest overall time wins.
- » Each team will provide its own baton not to exceed 18 inches in length. Teams are encouraged to use a safe, baton-like object that best signifies their squadron.
- » A small ceremony at the end will take place with the winning squadron being recognized.
- » In the spirit of fun, bragging rights and a sense of wellness will be the ultimate prize among commanders.
- » Individuals should expect to stay for a short period after the race to help with clean up.

# Youth baseball registration begins

60th Services Squadron

Registration for Travis youth baseball and softball began this week and will continue until the end of January. Children ages 5 to 17 are eligible to play. Practice begins the week of Feb. 18 and Opening Day is March 22.

Registration for 5-8-year-olds is \$40 and for 9-17 year olds is \$60. All baseball and softball participants must be current members of the Travis Youth Programs.

## Children may register for the following age groups:

- » 5-6-year-olds, tee ball
- » 7-8-year-olds, farm baseball
- » 9-10-year-olds, minors baseball
- » 11-12-year-olds, major baseball
- » 13-14-year-olds, junior baseball
- » 15-16-year-olds, senior baseball
- » 9-10-year-olds, minor softball
- » 11-12-year-olds, major softball
- » 13-15-year-olds, junior softball

Annual physicals are mandatory for ages 5-17 in order to participate in Travis' youth sports programs. A copy of an annual physical must be provided at the time of registration.

Teams will be organized after players have been screened.

Parent meetings will be held to meet the coaches and pass out information and important dates in the upcoming season.

Coaches will notify all of their players of any

## Mandatory Tryouts

- » Baseball/Softball — 10 a.m. to noon, Feb. 1, at the Youth Center
- » Baseball/Softball — 1 to 3 p.m., Feb. 1, at the Youth Center
- » Baseball/Softball — 10 a.m. to noon, Feb. 8, at the Youth Center
- » Baseball/Softball — 1 to 3 p.m., Feb. 8, at the Youth Center

practice or game changes. The teams with 9-17 year olds will play teams from the local community and will travel. Teams with 5-8 year olds play all in-house teams and do not travel. In case of inclement weather, parents should call their team's coach or the Youth Center to check on game changes.

All volunteer coaches are certified by a Youth Sports Clinician and through the National Youth Sports Coaches Association. The NYSCA teaches psychological and emotional needs of children while in youth sports, and emphasize basic sport skills, sportsmanship and participation rather than winning.

The sports program is always in need of good coaches. For more information about the youth sports programs or to volunteer, call 424-5392 or e-mail [william.crockett@travis.af.mil](mailto:william.crockett@travis.af.mil).

## Boxing Gym Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
	Kickboxing 5-7 p.m. Dan Stell		Kickboxing 5-7 p.m. Dan Stell	
Kickboxing 7-9 p.m. Dan Stell		Kickboxing 7-9 p.m. Dan Stell		

## Aerobics Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Core Cycling 6:30-8:30 a.m. Lori	Core Step 6:30-8:30 a.m. Niki	Core Cycling 6:30-8:30 a.m. Lori	Core Step 6:30-8:30 a.m. Niki		Cycling 8-9 a.m.
Cardio Sculpt 8:30-10:30 a.m. Niki	Senior Fitness 8-10 a.m. Niki	Yoga 8:30-10:30 a.m. Dana	Senior Fitness 8-10 a.m. Niki	YMC 8:30-9:30 a.m. Marilyn/Amy/Dan Niki	Total Fitness 9-10 a.m.
Core Step 11:30 am-12:30 p.m. Harvey	Core Cycling 11:30 am-12:30 p.m. Mark	Core Step 11:30 am-12:30 p.m. Harvey	Core Cycling 11:30 am-12:30 p.m. Mark	Core Step 11:30 am-12:30 p.m. Harvey	
		Intro to Cycling 12:30 p.m. - 1:30 p.m. HARVEY/NAKI			
	Squadron Cycle 2-4 p.m. 15th AF		Squadron Cycle 2-4 p.m. 15th AF		
Fit Fitness (12 & older) 4-5 p.m. Sara	Squadron Cycle 4-6 p.m. MOG	Fit Fitness (12 & older) 4-5 p.m. Sara	Squadron Cycle 4-6 p.m. MOG		
Core Step 5-6 p.m. Niki	Core Step 5-6 p.m. Kathy/Harvey	Core Step 5-6 p.m. Tanya	Core Cycling 5-6 p.m. Niki	Core Kickboxing 5-6 p.m. Tanya	
Boys & Girls Kickboxing 5-7 p.m. Amanda/Kate	Core Power Blast 5-7 p.m. Kathy/NAKI		Power Blast 6-7 p.m. Rosen	Yoga 6-7 p.m. Tanya	
Cycling 7-8 p.m. Lori	Cycling 7-8 p.m. Rita	Cycling 7-8 p.m. Lori	Cycling 7-8 p.m. Jan		

**AEROBIC AND EXERCISE PROGRAM** Please check the current schedule for seasonal changes. Core classes are free to active duty military only. You must present your military ID to be allowed into the class. All other classes require a pass for both active duty and other authorized users. For details, call 424-2308.

## TRAVIS CINEMA

### Tuck Everlasting

(PG), Friday & Saturday, 7 p.m.  
Starring: Alexis Bledel, Ben Kingsley  
When Winnie is lost in the woods near her home, she happens upon Jesse, a boy unlike any she's ever met before. His family holds a powerful secret. Winnie must decide whether to return to her life or stay with her beloved Jesse and his family forever. (Some violence)

### Ghost Ship

(R), Friday & Saturday, 9:30 p.m.  
Starring: Gabriel Byrne, Alex Dimitriades  
In a remote region of the Bering Sea, a boat salvage crew discovers the eerie remains of a grand passenger liner thought lost for more than 40 years. Once on board, the crew must confront the ship's horrific past and face the ultimate fight for their lives. (Strong violence, language and sexuality)

### The Wild Thornberrys Movie

(PG), Free Saturday matinee, 1 p.m. & Sunday, 3 p.m.  
Voices: Lynn Redgrave, Marisa Tomei, Brenda Blethyn, Alfie Woodard, Rupert Everett

A Nickelodeon animated movie that goes on a wild adventure around the world. Now 12-year-old Eliza is in Africa where she meets a mysterious shaman who grants her the power to talk to animals. But there's a catch — if she reveals her gift, she will lose it forever. One day, Eliza discovers that poachers plan to kill an elephant herd with an electrified fence and she and Darwin, her pet chimp, must stop them.

### Formula 51

(R), Sunday, 7 p.m.  
Starring: Samuel L. Jackson, Robert Carlyle  
Elmo and his blue magic formula has sparked a gold rush. Everyone wants a piece of the action. Who will outsmart whom? Who will double-cross whom? But most importantly, who will walk away with the formula? (Strong violence, language, drug content and some sexuality)

**Travis movie schedules are subject to change after publication. For up-to-the-minute information, call 437-3855 or visit [www.aafes.com/ems](http://www.aafes.com/ems).**

**Do you have sports news? Call 424-2011.**